Paella, minus the patience

Short on time? Slow-cook your way to a quick and delicious version of this Spanish staple PAGE 12

BAD TO THE BONE

SPIKE LEE'S NEW DOCUMENTARY LOOKS AT THE TUMULTUOUS YEARS SURROUNDING MICHAEL JACKSON'S CLASSIC 1987 ALBUM PAGE 9

REGIONAL metro®

Monday, September 17, 2012

News worth sharing.

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Riders outpaced by Als

Saskatchewan Roughriders quarterback Drew Willy throws a pass as the Montreal Alouettes' Mike Lockley moves in during second-half CFL action in Montreal on Sunday. The Roughriders lost 28-17. GRAHAM HUGHES/THE CANADIAN PRESS

Saskatchewan falls 28-17. Willy outduelled by Montreal's Calvillo in former's first CFL start at quarterback, despite solid Riders defence

Anthony Calvillo threw a touchdown pass to Brian Bratton as the Montreal Alouettes rebounded from their worst loss of the season to post a 28-17 victory over the Saskatchewan Roughriders in the CFL on Sunday afternoon.

Brandon Whitaker and Adrian McPherson ran in touchdowns and Sean Whyte had two field goals for Montreal (7-4), which took sole possession of first place in the East Division. The Alouettes were beaten 43-10 at British Columbia last week.

Kory Sheets caught a touchdown pass from rookie Drew Willy and Sandro DeAngelis kicked field goals of 46 and 48 yards for the Riders (5-6), who were coming off a pair of wins over Winnipeg. The recently acquired DeAngelis also missed on two second-half attempts.

Montreal built a 16-point first-half lead and held on before 23,147 on a sunny day at Percival Molson Stadium.

Willy, who looked sharp in relief of injured Darian Durant the last two games, struggled to move the ball in his first CFL start at quarterback, completing 10 passes for 79 yards compared to 10 throws for 236 yards by Calvillo in the first half.

But with help from solid play by the Riders defence he did enough in the second half to make it close, although consecutive fourth-quarter drives ended in interceptions by Seth Williams and Kyries Hebert that were converted into field goals.

"There were some throws I missed that I usually make that I'm not real happy about, but there were some good things and bad things," said Willy. "We could have won that game.

"We stalled on a few drives and it really hurt us. There were a couple there that I've just got to make." THE CANADIAN PRESS

Highs and lows

- The Riders' Weston Dressler easily got the 17 yards he needed to pass the career 5,000-yard mark.
- The Alouettes' Brandon Whitaker was helped off the field in the fourth quarter and did not return.

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Fox fosters hope for survivor

Year 32. Organizers estimate more than $50,000 raised

JEFF MACKEY
jeff.mackey@metronews.ca

Like Terry Fox, Bernadine Patzwald knows the pain of running with a prosthesis. Patzwald had the same cancer Terry Fox had — osteogenic sarcoma — and like Fox, she lost her right leg below her knee.

"I can never run a marathon," said Patzwald. "But I can promote this run and volunteer."

The 32nd Regina Terry Fox Run took place Sunday in Wascana Park. Participants hit the park to support cancer research as well as honour the memory of loved ones who have lost battles with cancer. Initial reports indicate more than $50,000 was raised by approximately 300 participants.

Patzwald, a cancer survivor of 17 years, says she understands the daily pain Fox likely endured during his Marathon of Hope.

"I know the pain that comes with blisters and discomfort if your prosthesis isn't fitting right and for him to go through it day after day after day, it was painful," Patzwald said.

Patzwald believes the reason the runs are so popular a generation later is that Canadians find the same strength in Fox's story that she does.

"There must have been something special about him that helped him override that pain and override feeling sorry for oneself."

She said cancer has made her stronger: "What doesn't kill you makes you stronger."

Quick facts

- Fox was diagnosed with osteogenic sarcoma in 1977, resulting in his right leg being amputated.
- Fox began his now famous Marathon of Hope in 1980 to bring attention to the lack of research funding.
- Due to health concerns, Fox stopped his run near Thunder Bay, Ont.
- He died June 28, 1981, before completing his run. His story has brought worldwide attention to cancer fundraising and awareness.

Bernadine Patzwald is the co-chair of the Regina Terry Fox Committee. She has been involved with the run for 15 years. JEFF MACKEY/METRO

Mayoral candidate talks housing issues

Mayoral candidate Marian Donnelly says bylaws often prevent affordable housing. CONTRIBUTED

A candidate in Regina's mayoral race says she wants to change city bylaws to encourage more affordable housing.

"Bylaws requiring parking spaces, where the people living in new housing wouldn't be able to afford cars, makes no sense," Marian Donnelly said.

The mayoral candidate announced parts of her election platform at her 2156 Albert St. election office over the weekend.

Donnelly said as mayor, she would establish a housing task force to help build public support and bring together different sectors of the housing market. She said the city must start taking a leadership role, helping to expedite provincial and federal housing funding.

"Cities with great housing plans rely on provincial and federal monies, but it is the ones that are proactive that are getting work done," she said.

Donnelly said the city has to address a growing infrastructure deficit. She said money cannot be taken out of general revenue to pay for maintenance and operations of public facilities and for replacement of sewage and water pipes.

"Property taxes won't pay these bills. We need to find new ways of doing business and generating revenues for our infrastructure costs."

Donnelly said culture and creative entrepreneurship has to be better fostered in Regina and a cultural plan would provide a framework to enhance quality of life.

"We are one of the few urban centres in Canada without a cultural plan," she said.

The Regina Gyro Club will host a mayoral candidate stadium debate on Thursday, Sept. 20 starting at 7 p.m. at the Regina Travel Lodge at 4177 Albert St.

ROB BROWN/METRO

Bio

- **Experience.** Executive director of the Saskatchewan Recording Industry Association for six years
- **Education.** Executive MBA program at the Kenneth Levene School of Business, University of Regina
- **Award.** Mayor's Arts and Business Award for Innovation
- **Distinction.** Two-time YWCA Women of Distinction nominee

Hwy 12

Three-car collision kills 4, injures 3

Four people were killed and another three were injured in a collision this weekend on Hwy. 12, south of Blaine Lake.

Three vehicles, including a family minivan, were involved in the crash on Saturday afternoon.

Highway traffic was restricted to one lane for the remainder of the afternoon as RCMP traffic analysts examined the scene.

The three injured in the crash were taken to a Saskatoon hospital with non-life threatening injuries.

RCMP released the identities of the deceased on Sunday: Curtis Lafond, 45, from the Mont Nebo area; Brittany Omani, 19, from Muskeg Lake Cree Nation; Lillian Arcand, 81, from Muskeg Lake Cree Nation; and Amy Arcand, 21, from Mistawasis First Nation.

METRO

Meet and greet

All-candidates forum next week

An all-candidates election forum will be an early opportunity for members of the public to see candidates running for Regina public office under the same roof.

The event runs Tues., Sept. 25 from 7 p.m. to 9 p.m. at the Regina Christian School, located at 2505 23rd Ave. METRO

Fake bills

Look out for counterfeit money: Police

Regina police are advising businesses to review training on detecting counterfeit currency with their employees.

The advisory comes after more than a dozen $100 bills suspected to be counterfeit currency were reported to police by three separate banks in the city.

Regina police are investigating the counterfeits and attempting to identify suspects.

The bills are described as older $100 bills from the Canadian Journey series, which is the series of bills issued just prior to the release of the new polymer $100 bills.

Police say at this time, no charges have been laid in connection to these counterfeit bills. METRO

1 NEWS

Mobile news

Qriket

When mama bear's away, the cubs'll play. Scan the code to watch the hijinks three cubs get themselves into after they invade a backyard park.

Pakistani protesters march on U.S. Consulate over film

Anti-Islam. Leader of Hezbollah calls for protests against movie that denigrates Prophet Muhammad

Hundreds of Pakistanis protesting an anti-Islam film broke through a barricade near the U.S. Consulate in the southern city of Karachi on Sunday, sparking clashes with police in which one demonstrator was killed and more than a dozen injured.

In a move that could escalate tensions around the Arab world, the leader of the Hezbollah militant group called for protests against the movie, saying protesters should not only "express our anger" at U.S. embassies but urge leaders to act.

The film, which denigrates Islam's Prophet Muhammad, has sparked violent protests in many Muslim countries in recent days, including one in Libya in which the U.S. ambassador was killed. The U.S. has responded by deploying additional military forces to increase security in certain hot spots.

In a televised speech, Hezbollah leader Sheik Hassan Nasrallah said the U.S. must be held accountable for the film, which was produced in the United States. The U.S. government has condemned the film. THE ASSOCIATED PRESS

YouTube

- Google is refusing a White House request to take down an anti-Muslim clip on YouTube, but is restricting access to it in certain countries.
- The White House said Friday that it had asked YouTube to review whether the video violated its terms of use. Google owns YouTube, the online video-sharing site.

Supporters of Islamic political movement Hizb ut-Tahrir protest outside the U.S. Embassy in London against the U.S.-made anti-Muslim film mocking the Prophet Muhammad on Sunday. SANG TAN/THE ASSOCIATED PRESS

Security concerns

Canadian embassies close for day

Canada closed three of its Middle East embassies for the day Sunday because of continued security concerns.

A spokesman for Foreign Affairs Minister John Baird says the missions in Egypt, Libya and Sudan will not be open to ensure the safety of diplomatic staff.

The U.S. State Department ordered the departure of all family members and non-essential personnel on Saturday from posts in Sudan and Tunisia.

It blames the security situation in the capitals of Tunis and Khartoum. THE CANADIAN PRESS

Flying Magnotta back to Canada a $375K job

The cost to Canadian taxpayers for Luka Rocco Magnotta's extradition from Germany, aboard a government plane fit for the prime minister, is expected to be about $375,000.

The estimated price tag for the accused killer's unusual journey home includes flight expenses, catering service and a hotel stay for authorities who fetched the fugitive from across the Atlantic, according to federal documents obtained by The Canadian Press.

Berlin police arrested Magnotta in June to end an international manhunt following the killing of Chinese national Jun Lin.

Magnotta is facing several charges in connection with the gruesome slaying, including first-degree murder. The 30-year-old porn actor and stripper has pleaded not guilty to all counts.

Magnotta flew home aboard one of the military's CC-150 Polaris Airbus transport planes, an aircraft that can be configured to accommodate prominent passengers such as the prime minister, foreign dignitaries, the Governor General and members of the Royal Family.

The flights, from an Alberta military base to Germany and back to Canada, spanned 23.9 hours at an estimated rate of $15,505 per hour — for a total cost of $370,570.

The rate is an estimate that includes maintenance, hangar fees, crew salaries and fuel, which makes up $6,420 of the hourly cost, according to the Department of National Defence.

The hotel cost for eight crew members to stay overnight in Berlin was expected to come to nearly $1,300, while the catering total was approximately $3,500.

At the time, a police official told media that commercial airlines had declined requests to transport Magnotta across the Atlantic.

Montreal police were thankful the federal government made the plane available for the extradition.

"How can we bring him back to Montreal on a commercial flight with other people sitting on board?" Cmdr. Ian Lafreniere said, shortly after Magnotta emerged from the plane. THE CANADIAN PRESS

Luka Rocco Magnotta is taken by police from a Canadian military plane in Mirabel, Que., on June 18. THE CANADIAN PRESS FILE

Protests erupt across China over islands

Anti-Japanese protesters are confronted by police as they demonstrate over the disputed Diaoyu Islands on Sunday in Shenzhen, China. Protests have taken place across China in a dispute that is becoming increasingly worrying for regional stability. LAM YIK FEI/GETTY IMAGES

Sex scandal

Woman to lead U.S. military unit

The U.S. Air Force has chosen a woman to lead its basic training unit where dozens of female recruits have alleged they were sexually assaulted or harassed by male instructors in the past year. THE ASSOCIATED PRESS

10 soldiers dead

Sudanese army sinks own boat

An official says the South Sudanese military sank a boat carrying 170 of its own soldiers on the Nile river, killing at least 10, after mistaking them for enemy forces. Fifty soldiers are still missing. THE ASSOCIATED PRESS

Namibia

Babies being flushed: Report

The Namibia Press Agency reports that some 40 babies and fetuses are dumped and flushed down toilets every month in Windhoek, Namibia's capital of just 350,000 people. THE ASSOCIATED PRESS

Politicians, voters bracing for bitter session of Parliament

'Combat zone.'
New poll suggests Conservatives have a comfortable lead in popularity

A quiet summer has given Prime Minister Stephen Harper's Conservatives some breathing room as they head Monday into what could be an acrimonious fall sitting of Parliament.

A new poll gives the governing party a seven-point lead over the Opposition New Democrats — a cushion they may need if a second omnibus budget implementation bill sparks the same public backlash and all-out parliamentary warfare its predecessor did last spring.

The Canadian Press Harris-Decima survey put Conservative support at 34 per cent of respondents, the NDP at 27, the Liberals at 24 and the Greens at seven.

The results suggest Canadians may be slowly returning to "more traditional patterns of voting behaviour," said Harris-Decima chairman Allan Gregg.

Until now, New Democrats had been running neck and neck with — or even slightly ahead of — the ruling party, eating into core Conservative support among older, male and rural voters and core Liberal support among female and urban voters.

A relatively sleepy summer with little federal political controversy has likely helped settle voters back into a somewhat more traditional pattern. But Monday's resumption of Parliament could shake things up again.

"As we know, the House has become a combat zone and, absent that, things do settle down; there aren't those events that drive people's change in viewpoint as much," Gregg said.

Just how much of an enemy Parliament proves to be to Harper's Conservatives will revolve primarily around the second budget implementation bill, which government House leader Peter Van Loan describes as the "cornerstone legislation" of a fall sitting focused on job creation and economic growth.

THE CANADIAN PRESS

Omnibus

The first omnibus budget bill was a massive grab-bag of measures, many that had little to do with the 2012 budget, including:

- A rewrite of environmental protection legislation.
- An overhaul of employment insurance.
- Changes to employment equity law.
- New rules for political advocacy by charities.

House of Commons maintenance staff Andre Dube, left, and Gilles Bourgon prepare the chamber, Friday, for the return of Parliament. ADRIAN WYLD/THE CANADIAN PRESS

Ronald Smith is shown on Feb. 22 at Montana State Prison in Deer Lodge.
BILL GRAVELAND/THE CANADIAN PRESS

Lethal injection battle could save Canadian inmate's life

A complex legislative process and a lack of political will could derail any plans to change the way Montana carries out its executions, but may be a ray of hope for a Canadian on death row.

This month's ruling by a judge who declared the state's method of execution "unconstitutional" could do something 30 years of legal wrangling and appeals have failed to do for Canadian Ronald Smith — prevent his execution for the 1982 murders of two young Montana men.

But it's not a simple matter.

The American Civil Liberties Union filed a civil lawsuit in 2008 on behalf of Smith that argued the lethal injections the state uses are cruel and unusual punishment and violate the right to human dignity.

District Court Judge Jeffrey Sherlock, in his Sept. 6 ruling, pointed to problems such as lack of training for individuals who administer the drug, and a discrepancy over whether two or three drugs should be used. He also questioned the method used to determine whether an inmate is actually unconscious before receiving the lethal injection.

"The Montana protocol has problems," Sherlock said in his 26-page judgment.

"All three of these concerns create a substantial risk of serious harm violative of the plaintiff's right to be protected from cruel and unusual punishment."

Lethal injection

"There's not going to be a huge clamour of, 'We use this all the time' ... This isn't Texas."
Ron Waterman, lawyer for the civil liberties union.

Sherlock said the state legislature needs to rejig the statutes to bring the execution protocol into line with Montana's Constitution.

Ron Waterman, lawyer for the civil liberties union, suggests getting those changes passed by the state legislature could be a formidable task.

"Even if they went forward and wanted to change the statute, there's no guarantee, with how the legislature has been divided, that the statute can be changed," said Waterman.

"That's a steeper hill to climb."

He also doubts there is a lot of support for revamping the execution method.

"The truth of the matter is we've not used the death penalty for some time. We have gone more than a decade without any new capital cases being charged," he said.

"There's not going to be a huge clamour of, 'We use this all the time'...This isn't Texas."

THE CANADIAN PRESS

Central Mexico

17 bodies found at Mexican farm

Mexican officials say the dismembered bodies of 17 slain men have been found on a farm in central Mexico, in an area disputed by violent drug cartels.

Jalisco state prosecutor Tomas Coronado Olmos says the bodies were dumped by a highway in the town of Tizapan el Alto near the border between Jalisco and Michoacan states. Authorities discovered the bodies Sunday, while Mexicans celebrated Independence Day.

Coronado Olmos didn't reveal the identities of the slain but said the bodies were naked, mutilated and stacked with chains around their necks. THE CANADIAN PRESS

Gas-and-dash

Gas attendant struck by car, killed

Toronto police are hunting for a suspect after a gas station attendant was killed in an alleged gas-and-dash.

The incident happened just after 9 p.m. Saturday in midtown Toronto (near the Allen Road and Eglinton Avenue area).

Police say the suspect had just filled up with about $112 worth of gas when he jumped in his vehicle and drove away, hitting and dragging the gas station employee.

The 44-year-old attendant was rushed to hospital where he died.

Police say the suspect was driving a silver or grey Isuzu Rodeo SUV.

THE CANADIAN PRESS

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Labour negotiations

CAW will focus on talks with Ford

The head of the Canadian Auto Workers says the union will focus its negotiations with the Big Three automakers on reaching a deal with Ford. Ken Lewenza says Ford has shown the most willingness to reach a new contract and the union will work around the clock to achieve that. The CAW has threatened strike action if there is no deal by late Monday night.

THE CANADIAN PRESS

Foreign investment

Rallies denounce India's decision to open retail market

Angry Indian opposition parties protested Saturday against the government's decision to open the country's huge retail market to foreign retailers. The government's surprise announcement that it will allow foreign investment in retail and aviation and the sale of minority stakes in four state-run companies has evoked sharp criticism.

THE ASSOCIATED PRESS

On its anniversary, Occupy Wall Street struggles to define itself

Sept. 17 celebrations.
What started as protest against corporate greed became protest against 'every social ill'

Occupy Wall Street began to disintegrate in rapid fashion last winter, when the weekly meetings in New York City devolved into a spectacle of fistfights and vicious arguments.

Punches were thrown and objects were hurled at moderators' heads. Protesters accused each other of being patriarchal and racist and domineering. Nobody could agree on anything and nobody was in charge. The moderators went on strike and refused to show up, followed in quick succession by the people who kept the meeting minutes. And then the meetings stopped altogether.

In the city where the movement was born, Occupy was falling apart. "We weren't talking about real things at that point," says Pete Dutro, a tattoo artist who used to manage Occupy's finances but became disillusioned by the infighting and walked away months ago. "We were talking about each other."

The trouble with Occupy Wall Street, a year after it bloomed in a granite park in lower Manhattan and spread across the globe, is that nobody really knows what it is anymore.

On Monday, protesters will converge near the New York Stock Exchange to celebrate Occupy's anniversary, marking the day they began camping out in Zuccotti Park in lower Manhattan's financial district. Marches and rallies in more than 30 cities around the world will commemorate the day.

About 300 people observing the anniversary marched Saturday, and at least a dozen were arrested, mostly on charges of disorderly conduct, police said.

But the movement is now a shadow of its mighty infancy, when a group of young people harnessed the power of a disillusioned nation and took to the streets chanting about corporate greed and inequality.

Back then it was a rallying cry, a force to be reckoned with. But as the encampments were broken up and protesters lost a gathering place, Occupy in turn lost its ability to organize.

The movement had grown too large too quickly. Without leaders or specific demands, what started as a protest against income inequality turned into an amorphous protest against everything wrong with the world.

"We were there to occupy Wall Street," Dutro says. "Not to talk about every social ill that we have."

THE ASSOCIATED PRESS

Loose affiliation

- The community that took shape in Zuccotti Park still exists, albeit in a far less cohesive form. Occupiers mostly keep in touch through a smattering of websites and social networks.
- Meetings are generally only convened to organize around specific events, like the much-hyped May Day event that ultimately fizzled last spring.

The Raging Grannies, an Occupy Wall Street music group, sing a song Sunday in New York City's Foley Square on the eve of the one-year anniversary of the start of their movement. ANDREW BURTON/GETTY IMAGES

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METRO EDITOR TAKES ON TOUGHEST ASSIGNMENT YET

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

If you've visited the Metro news website, you have seen Elisha Dacey's new blog Half Off, and if you haven't visited the site, now is a great time to start.

Because Elisha has just embarked on the quest of a lifetime. She is the managing editor of Metro Winnipeg, and the title of her blog refers to her determination to lose one-half her body weight.

Which is brave and foolhardy. Brave because it takes guts to tell the world you weigh 295 pounds, which is an ideal weight for a CFL nose tackle, not so much for a desk jockey who's also trying to raise a family.

Foolhardy because when you tell thousands of people you're going to do something, you at least have to try, and when you're trying to lose weight, there are lots of ways to fail and only one way to succeed.

Half Off

... when you're trying to lose weight, there are lots of ways to fail and only one way to succeed.

So I want to throw my, er, weight, behind Elisha's quest. I know what's she's going through. I have been through a recent weight-loss journey of my own. It started after Christmas when I felt more stuffed than the yuletide bird, and the scale, which cracked 227, confirmed it.

I felt awful. Even my socks were too tight. Just getting in and out of the car was an Olympic event. Blood sugar levels were poised on red alert. My "real age" put me into the Moses demographic.

So I did what Elisha's doing. I went on Weight Watchers. And stuck to it somehow, through thick and all the way to thin, which on any given day is about 175 pounds. I feel as if I've been let out of jail, or at least busted out of Mr. Big N' Tall.

On her blog, Elisha talks about the challenges. The impulse, after a bad day, to bury her face in a pail of chocolate ice cream or one of the many fat festivals disguised as restaurants, handily located on every street corner.

Habits die hard and habits formed early die harder. When you learn, almost before you speak, to seek consolation in food, is it any wonder that when the going gets tough, the tough start eating?

So far, Elisha's overcome the challenges. She thanks Weight Watchers for giving its suffering subjects a weekly point allowance that accommodates the odd detour onto the Rocky Road. The other thing I really like about WW is that, in its points system, fruit and vegetables are free. That trains you to snack on apples and carrots instead of things that harden your arteries.

So Elisha, hang in there. You'll have times like last Thursday, when the only solution involves bacon, cheese and two all-beef patties, etc. But here's a reliable secret: when you're starving, everything tastes good. Even celery.

After a while, celery tastes better, and I'm not making that up.

Now you're just pulling my finger

MATTHIAS SCHRADER/THE ASSOCIATED PRESS PHOTOS

German championships

More than just twiddling thumbs

A Bavarian man pulls his opponent over the table during the German Finger Wrestling championships in Warngau, Germany, Sunday.

Competitors battled for the title in this traditional rural sport where the winner has to pull his opponent over the marked line on the table.

In the game — also known as Fingerhakeln — the competitors use nothing more than their fingers and a rubber strap to defeat their opponent.

THE ASSOCIATED PRESS

A judge adjusts the leather ring held by two competitors with their middle fingers at the German Finger Wrestling championships in Warngau, Germany, Sunday.

Lederhosen-clad men

- More than 150 men in Warngau took part.
- Legend has it that finger wrestling started as a way to settle arguments, Time magazine says.
- Bloody knuckles, stretched ligaments and tendons are all part of the competition, according to the magazine.
- The tug-of-war is now a regulated sport, with rules governing the size of the table and width of the leather band.

Parking-lot birth

How to obtain a lifetime supply of NASCAR tickets

A New Hampshire woman and her baby are doing fine after the woman gave birth in the New Hampshire Motor Speedway parking lot.

Shawna Arnold began going into labour Friday and she and her boyfriend began driving to a hospital. But when she realized she was about to give birth on the way, they made a pit stop at the racetrack parking lot in Loudon.

Arnold tells WMUR-TV that she and her boyfriend delivered the baby, named Katie, in their car. An EMT at the track then came to help, and the couple and the baby were taken to a hospital.

Speedway general manager Jerry Gappens has awarded the baby two tickets to NASCAR races for the rest of her life.

THE ASSOCIATED PRESS

Metropolitan Panel

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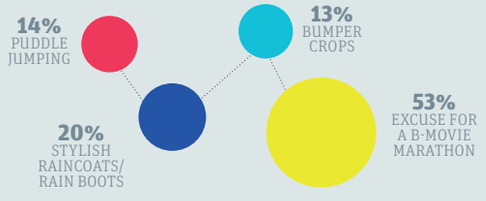
What's the best thing about a good fall downpour?



Twitter

@chalynnbalas: At Fresh and Sweet with the Mom! #yqr #soyummy

@1linediary: Thanks @GSKMustardFest for an awesome afternoon! It was soo hard to choose a "best of show". Resulted in a few double tastings. #yqr

@RGulka: Saw everyone, spent some money, and said bye to the bro. Always a unreal time in Sask. Drive home starts now. #7hours #timetosleep

@Stevil78: Its sad when over 100+ yards Montreal has are penalties. Sask has the second lowest penalties in the league. Well "had" . #CFL #Yardage

@birksy69: Wish I was in sask with ma dawggs #rickrossgrunt

metro

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Bad 25, directed by Spike Lee, features commentary from celebrities who were inspired by Michael Jackson, including Mariah Carey. HANDOUT

Spike Lee doc transcends the man in the mirror

Bad 25. Documentary puts spotlight on the undeniable talent and human side of Michael Jackson — behind the fame and chaos

LIZ BROWN
scene@metronews.ca

What do you do when you're the man behind the bestselling album in music history?

You vow that your next one will be even better, naturally.

Such is the pursuit of perfection that propelled — and plagued — Michael Jackson as he spent two years writing and composing Bad, his followup to 1982's Thriller.

In Spike Lee's documentary, Bad 25, we learn that in the Bad years, Jackson scrawled '100 million' on his bathroom mirror, so every morning as he brushed his teeth, he'd be reminded of his goal — sell 100 million records.

The album, released in 1987, ended up being a commercial and critical success, with around 40 million copies sold. But it never came close to the sales of Thriller, which rang in somewhere near the 100 million mark.

The failure to reach his 100 million goal wasn't for lack of effort on Jackson's part, though.

Bad 25 reveals the late-night dance sessions, the meticulous recordings and the almost pathological work ethic of a man who seemed to be chasing a near-impossible dream.

"Michael got his work ethic from his father," says Lee on Saturday at Toronto's Trump Hotel, dressed in a T-shirt sporting Michael Jackson's iconic Bad pose, just hours before the North American premiere of his documentary at TIFF.

"(Joe Jackson) had him singing and dancing from five, six years old. I'm not going to make a villain out of Joe Jackson. Many people do, but he got their asses out of Gary Indiana and his children didn't have to work at the steel mill that he slaved at. Something worked. He's not all bad."

But as anyone knows, getting out of Gary and becoming the world's biggest pop star didn't come without its struggles. As Jackson was promoting Bad and selling out venues around the world in a 16-month tour that set three world records, darkness was moving in on his star power.

The media became increasingly cruel as Jackson's behaviour became increasingly bizarre — there were tales of him sleeping in a hyperbaric chamber, his pet chimpanzee Bubbles, and rumours that he had tried to buy the Elephant Man's bones.

In the documentary, Jackson's choreographer and confidant Vince Patterson shares some advice he gave the superstar: Don't ever let a bully know they're hurting you.

It's a poignant moment when we are reminded that despite his fame and fortune, Jackson was human — a remarkably talented human — and that somewhere in the mess of scandals and rumours, the wonder of that talent got lost.

Bad 25 reminds us just how wondrous that talent was. Witness the lean in Smooth Criminal (don't hold your breath — this doc doesn't reveal the secret behind it), or the head-turning intro to The Way You Make Me Feel.

For Lee, Bad 25 is an ode to Jackson the performer; a tribute to an artist and friend he respected. "I try not to focus on the fact that he's not here, because the way I take it, Michael's not here in his physical form, but he's here in his spiritual form and his music is here," says Lee.

So bad it's good

The reissue of the Bad album, Bad 25, comes out on Tuesday.

- **Album.** Includes unreleased demos and a DVD of his performance at Wembley Stadium, attended by Prince Charles and Princess Diana.
- **Documentary.** Spike Lee's documentary Bad 25 will air on ABC on November 22.

All grown op

Weeds. As the cult hit ends, Mary-Louise Parker reflects on her controversial character

AMBER RAY
Metro New York

While eight seasons of Weeds came to a close last night, one lingering question regarding pot-selling mom Nancy Botwin remains: is she an indomitable provider for her family or the worst mother ever?

"I never want to resolve that," series creator Jenji Kohan says. "I mean, one of the main premises of Weeds is this gray area, that no one is black and white, that no one's the worst mother or the greatest mother, that everyone is a mess to a certain extent and you're not defined by how you're behaving on one specific day."

The woman who brought Nancy to life, actress Mary-Louise Parker, believes that realistic dichotomy — illegal endeavors aside, perhaps — is what has made the character so endearing.

"She's guileless," Parker says. "She just continues to make the wrong choices. Her heart's usually in the right place, and she just can't be defeated, and she keeps trying. When I distill her into one thing, that's what I think about ... and what I like about her."

Mary-Louise Parker's role is so endearing because of a dichotomy. HANDOUT

SCENE2

On the web

Qriket

Star Trek actor George Takei unveils a musical inspired by time in Japanese internment camp.

Kristen 'poured her heart out'

Have Kristen Stewart and Robert Pattinson moved back in together?

"They pretty much decided they couldn't live without each other," a source tells Perez Hilton.

"Kristen poured her heart out to Robert and told him it was a one-off and a mistake. Rob sees it as Kristen made a really stupid mistake."

This conversation apparently took place on Reese Witherspoon's ranch — while Ryan Phillippe took notes hiding in a laundry basket. (Kidding Ry.)

Kristen Stewart

Diana Agron

Agron not very Glee-ful?

Where was Diana Agron, a.k.a. Quinn, on the Glee season premiere? Word is the cheerleader will be leaving the series earlier than expected.

"Dianna was unhappy and had been trying to get off the show for a while," an insider tells Us.

"She and producers came to an agreement where they let her go. That's what she wanted." A rep for the show and the network said the report was false.

Gaga's new tat

Lady Gaga

Before getting her head tattooed inside a giant perfume bottle last Thursday (yes, you read that correctly) Lady Gaga drank tequila and smoked cigarettes.

The Mother Monster got the tat — of a cherub with wings — to promote her new fragrance Fame.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Nicki Minaj and Keith Urban join Idol

THE WORD
Dorothy Robinson
scene@metronews.ca

The new judges panel for the 12th season of American Idol was announced Sunday via a press release from Fox. Joining confirmed judges Mariah Carey and Randy Jackson will be the new additions of Nicki Minaj and Keith Urban.

"With the exciting addition of Mariah Carey, Keith Urban and Nicki Minaj, alongside Randy Jackson, American Idol's star power has never been so great," said Idol executive producer Simon Fuller in a boilerplate quote. Judging by other statements in the release — "We've put together one of the most exciting judging panels around," said Mike Darnell, president of alternative entertainment for Fox — you can tell the network honchos are feeling the heat from the other all-star panels at rival singing competitions such as The Voice and X-Factor, where Britney Spears is currently killing it as a judge.

What do you think of these new additions? As always, feel free to write in to let me know your opinion. As for this gossip columnist, I just hope Nicki Minaj's multiple personalities can make up for Urban's lack of one.

Kate Middleton ALL PHOTOS GETTY IMAGES

Royal lawyers: Block those nips!

Will the Italian media group Mondadori lose their shirts for publishing photos of Kate Middleton without hers on?

It certainly looks that way, with the Royal Family seeking damages from Mondadori, which is owned by former Italian premier Silvio Berlusconi.

Lawyers for the Royals are also going to court in France to try to stop further publication in that country of the now-infamous topless photos of Kate.

Meanwhile, YouPorn.com — a site that usually doesn't need publicity — has generated some by offering an "open checkbook" to procure the snaps.

It might just be me, but it's hard to find any sympathy for Middleton. When you know you are going to become the next Queen of England, it's time to put your topless sunbathing days behind you. Seems like a fair swap, right?

Lively-Reynolds wedding was super top-secret

Green Lantern co-stars Blake Lively and Ryan Reynolds married in secret last week, and People Magazine says you weren't the only one out of the loop. "Not even the people who baked the cake or the plantation owners had any idea," that the wedding was happening, says their senior writer.

Ryan Reynolds

Twitter

@mindykaling
@RealRonHoward and @tomhanks listening carefully to a stunt coordinator in a safety meeting on the set of Splash. #Fakepicsiwant

@eliroth
I think by now Paul Thomas Anderson and Paul W.S. Anderson must have some kind of Lancaster Dodd/Freddie Quell relationship.

@AlbertBrooks
How many millions of years do humans have to live before they stop going crazy over a naked breast?

@SteveMartinToGo
Just wondering. Women are different from men, right? But are their bodies different too?

Mobile manners: Teach them etiquette, and take notes yourself

Teach your kids mobile manners early on. ISTOCK

Parenting. Back to school shopping often involves getting the latest cellphone. Too bad the instruction manuals don't include lessons on behaviour

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

The new school year is well underway, and with it, a new learning challenge for parents: How to teach kids to use their cellphones.

Not just from a safety perspective (not texting or talking on a handheld device when driving, not walking across busy roads and texting, not giving away passwords, etc.), but from a "mobile manners" point of view as well.

It's important as role models that parents practice what they preach and adhere to the following rules themselves.

• Not texting or answering calls when in the middle of a conversation, unless you have advised the person you're speaking with you might have to do so at some point.

• No texting during mealtime. (First one to pick up their phone does the dishes!)

• Enforcing that you support the "no cellphone" rule in the classroom by not calling or texting your kids during the school day unless urgent.

• Not talking on a cellphone in quiet public places.

It's also important to research the coverage plan you want to purchase.

Examine the type of usage you expect your child to have (just texting and calling, no Internet access for younger kids) and speak to an independent dealer who can show you different carrier packages.

Unlimited plans are available, and a pre-paid option will easily keep the budget in line.

Depending on the age of the child and his earning ability, have him pay for the monthly usage to get an understanding of the expense.

And remember, even the "smartest" of phones can be simplified down to just texting and talking, depending on the plan you choose, so repurposing an old smartphone of your own is an option.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM/ OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

Cells by the numbers

According to a new study by President's Choice Services Inc., 48 per cent of Canadian parents with children aged 11 and older now let their kids carry a cellphone. The majority of Canadians (52 per cent) felt somewhere between the ages of 13 to 16 was an appropriate age to give a child a mobile device, compared to the 31 per cent of Canadians who felt that teens age 17 or older could better handle the responsibility of a cellphone. Approximately 10 per cent cited 9 to 12 as the right age bracket; while only one per cent felt children aged 6 to 8 should have their own mobile device.

Exclusively online

metronews.ca/voices

- **In style.** Why did Mommy's fashion sense go out the window with her abs? Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Head lice don't have to create a hairy situation

LINDA LABAN
Metro World News in Boston

Head lice isn't an aspect of parenting that anyone wants a part of, but it's so common that most end up dealing with it at some point.

"Lice are so prevalent, I've had to deal with it as a parent, too," says Boston-based pediatrician Dr. Nancy Kahn, a clinical instructor of pediatric medicine at Harvard Medical School.

"One study found that one in four elementary school kids gets them. They're so contagious, but they have to be transported by another vehicle. You get them from sharing scrunchies, a comb, brush or hat with someone who has them."

The big problem isn't killing the adult lice; it's detecting the eggs, called nits, and removing them to prevent further infection.

Nits stick like glue to the hair shaft. "The eggs are grayish-white," Kahn says. "If you see a white spot on the hair that can be flicked off, it isn't nits, it's dandruff or [lint]. If it's stuck on the hair, it's nits."

Treatment varies from over-the-counter shampoos and topical solutions, but "these contain pesticides, so there is the worry that you're putting pesticides on your child's head for several hours," Kahn says.

For a home remedy, try olive oil: "This basically suffocates them," she says.

Hair to help

Here are some resources to rid your child's hair of lice.

- **Ladibugs.** This chemical-free line includes shampoo, conditioner, leave-in mint spray, serum and mousse. The company also offers a 24-hour hotline if you find yourself in need of help. ladibugshaircare.com
- **Fairy Tales Hair Cares.** Its Rosemary Repel line of hair care utilizes organic ingredients such as rosemary, tea tree, citronella, peppermint and lavender oils to combat the pesky bugs. You can also download its free iPhone app, The Facts of Lice, to learn about outbreaks in your area or report one of your own. fairytaleshaircare.com
- **LiceGuard.** In addition to pesticide-free shampoo, LiceGuard also makes the Robi Comb, an electronic comb that kills lice on contact. liceguard.com
- **Lice picking.** If you go online, you'll find a number of companies where people will remove the lice from your children's hair.

A study found that one in four elementary school kids get lice. ISTOCK

LIFE 3

On the web

Qriket

Reasons Mommy Drinks #75: The Diaper Bag. Scan this code or visit metronews.ca/voices to find out what's inside.

SHARE ALERT!
Qriket
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Metro and Qriket are giving away $10,000 in instant cash prizing for the month of September.
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Qriket is a free iPhone app that rewards you for scanning QR codes, so now you can stay informed with Metro and win prizes when you choose to scan with the Qriket app.
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Slow cook mouth-watering flavours of delectable paella

ROSE REISMAN
for more, visit
rosereisman.com

This recipe serves four. RYAN SZULC, FROM REISMAN'S FAMILY FAVOURITES (WHITECAP BOOKS)

I love paella but I find it takes too long to cook, especially if I've just walked in the door and want something on the table in a hurry. The slow cooker is the perfect solution. All you have to do is add the seafood 30 minutes before you're ready to eat.

1. Cube chicken and dust with flour. Lightly coat a large, nonstick skillet with cooking spray and set over medium-high heat. Add the oil. Brown the chicken on all sides, for about 3 minutes or just until cooked. Remove from the pan and set aside.

2. Again lightly coat the pan with cooking spray. Add the sausage and cook over medium-high heat for 5 minutes or until cooked through. Remove from the pan with a slotted spoon, draining as much of the fat as possible. Set aside.

3. Wipe out pan and respray. Cook onion and garlic over medium-high heat 4 minutes or until softened. Stir in peppers and cook 3 minutes. Stir in the rice and cook for 1 minute. Add the chicken, sausage, chicken stock, tomatoes, basil, oregano, bay leaf, saffron (if using), salt and pepper. Bring to a boil.

4. Place everything in slow cooker and cook on high setting 3 hours or on low setting for 5 hours. Add shrimp and mussels during last 30 minutes if slow cooker is on the high setting, or during last 60 minutes if on low. Serve garnished with parsley. **ROSE REISMAN'S FAMILY FAVOURITES (WHITECAP BOOKS)**

Ingredients

- 12 oz skinless boneless chicken breasts
- 3 tbsp all-purpose flour
- 2 tsp vegetable oil
- 6 oz mild Italian sausage, cut into 1/2-inch pieces
- 1 cup chopped onion
- 2 tsp finely chopped garlic
- 1 cup chopped red and green bell pepper
- 1 cup brown rice
- 3 cups chicken stock
- 3 cups chopped plum tomatoes
- 2 tsp dried basil
- 1 tsp dried oregano
- 1 bay leaf
- 1/2 tsp crumbled saffron threads (optional)
- pinch of salt and pepper
- 8 oz raw shrimp, peeled and deveined
- 12 mussels, scrubbed and debearded
- 1/4 cup chopped parsley

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit
rosereisman.com

When you find a chip that sounds healthy, check the method with which it's made because that's where a lot of the calories and fat hide.

Terra Chips (50 g) and spinach dip (2 tbsp)

420 calories/ 34 g fat
Root vegetables made into chips sounds healthier than regular potato chips. But deep frying still multiplies calories and fat.

Equivalent

Fifty grams of Terra Chips with two tablespoons of spinach dip is equal in fat to an entire McCain's thin crust whole-wheat pizza with marinated tomato and chicken.

Pop Chips (50 g) and salsa (2 tbsp)

218 calories/ 7 g fat
These chips are much lower in calories and fat. They are popped rather than fried or baked.

The In-Credibility Factor

Ray Cao PROVIDED

Name: Ray Cao
City: Toronto
Age: 25
Occupation: Loose Button Luxe Box Founder

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Started an online apparel company but found the market was saturated. Switched to Luxe Box where consumers can sample new beauty products. Thirteen months later, Cao now employs 15 people and his membership base is on track to reach 100,000 people.

I knew I was on my way when... We got one order, then four, then 15. Soon my cellphone was ringing with non-stop orders. Since then we've grown extremely fast. It all started with a simple idea we wanted to test and it grew from there.

Just a few weeks ago we launched into the U.S. We are looking to build a platform where all types of products can be sampled and ordered on a subscription basis. We have some crazy growth plans in play. This is just the beginning.

Action Plan

• You've got to surround yourself with the right people. Ideas change but as long as you have a strong core team they will help you get through the difficult times.

• Fail fast, fail cheap and fail often. You won't get it the first time. Most overnight successes are built over 10 years and people have to realize they don't happen right away

• A lot of first-time entrepreneurs set themselves up for failure and then they give up. Sometimes the extra push makes all the difference. A couple of days could make an incredible difference so never give up.

Tailoring the way we learn to love our land

Guru of green.
Author suggests mixing the emotional with the ecological when teaching environmental education

BRUCE WALSH
Metro World News in Philadelphia

Best-selling author and self-help guru Daniel Goleman is known worldwide for stressing the importance of emotional intelligence in developing one's full potential.

While the term had been around for decades, Goleman's 1995 book, Emotional Intelligence: Why It Can Matter More Than IQ, popularized the concept. Broadly speaking, emotional intelligence is seen by many as an ability to gauge one's own emotions as well as the emotions of others, and to build relationships around this understanding.

Now Goleman is incorporating his environmental passions into his educational philosophy. His latest, Ecoliterate: How Educators Are Incorporating Emotional, Social and Ecological Intelligence, was written in partnership with the Berkeley-based Center for Ecoliteracy.

"In teaching people about ecological issues — whether it's K to 12 or in the university — there's something that happens on an emotional level, and that's fear and anxiety," says co-author Lisa Bennett. "We've pushed nature's systems to the brink in a lot of ways right now, so if you bring emotional intelligence to teaching about ecological issues, you can be a lot more effective."

"Ecoliterate" investigates eight cutting-edge environmental education programs, from Kentucky to Alaska, looking for effective blueprints for this new curriculum. While the book is primarily directed at Kindergarten to Grade 12 teachers, the authors suggest that these programs could be easily adapted for the college level.

"In Dan Goleman's seminal books, he showed how critical emotional and social intelligence is to allowing people to be effective," says Bennett. "We discovered in 'Ecoliterate' that, actually, each form of intelligence is an extension of the other, and eco-intelligence is related to both: It boosts academic achievement, because it's tied to emotional learning, and it develops strength, hope and resilience in students."

You're never too young to start making positive changes for our planet. ISTOCK

Five steps

The Center for Ecoliteracy has outlined five vital practices for teaching environmental studies to Kindergartens to Grade 12 students.

- Developing empathy for all forms of life
- Embracing sustainability as a community practice
- Making the invisible visible
- Anticipating unintended consequences
- Understanding how nature sustains life

In a class that cares

We've pushed nature's systems to the brink in a lot of ways right now, so if you bring emotional intelligence to teaching about ecological issues, you can be a lot more effective.

Ecoliterate co-author Lisa Bennett

Career Bear

I've got details on flexible careers, jobs with the fastest salary growth, keys to loving your job and the schools and tools in your area to help you become what YOU want to be.

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SPORTS 4

Penguins star Evgeni Malkin looks on during a IIHF World Championship game between Russia and Sweden in May in Stockholm. Malkin has signed up with KHL team Magnitogorsk. MARTIN ROSE/BONGARTS/GETTY IMAGES FILE

Jaromir Jagr of the Philadelphia Flyers skates against the New York Islanders in March in Uniondale, N.Y. Jagr has agreed to return to the Czech Republic to play for the team Kladno. BRUCE BENNETT/GETTY IMAGES FILE

Some locked-out NHL players Europe-bound

NHL. Reigning MVP Evgeni Malkin among list of those going abroad

Quoted

"The scary part is I think you'll see some of the best players in the game (going over). Let's hope they come back when they're going to get paid the dollars they're going to get paid in some of these leagues to go play now." Calgary Flames forward Mike Cammalleri

With the doors locked shut at NHL arenas, the best hockey players on the planet are turning their focus to a new world of opportunities.

Every player on a NHL roster as of Sunday morning became free to seek other work for the duration of the lockout, and many started doing so immediately. Reigning NHL MVP Evgeni Malkin (Magnitogorsk) and Pavel Datsyuk (Ak Bars) were among those who signed deals to play in the Russian-based KHL while Jaromir Jagr (Kladno) is going to the Czech Republic and Jussi Jokinen (Karpat) inked a deal in Finland.

Teams from Switzerland, Sweden and Germany will come calling as well. Depending on the length of the lockout, it could result in a massive displacement of players throughout the hockey world.

The NHL locked out its players at midnight on Saturday and released a message to fans on its website the following day, saying "this is a time of year for all attention to be focused on the ice, not on a meeting room." Meanwhile, the NHLPA sent out a video montage with players talking about what they'll miss about not playing and ended with the statement: "This is an NHL owners lockout."

Nearly 400 NHL players suited up in 19 different European leagues during the lockout that cancelled the entire 2004-05 season. It was a migration that came with a fair bit of controversy as the NHLers pushed others out of jobs.

The debate has restarted again, but it's unlikely to deter many of the 750 locked-out NHLPA members.

"I'm a hockey player and it's a competitive business," said Pittsburgh Penguins captain Sidney Crosby. "Would I look forward to that opportunity of taking someone's job? No. But at the end of the day I'm a hockey player."

Now in its fifth season, the KHL believes it is in a position to capitalize on the availability of so many elite players. THE CANADIAN PRESS

For the latest news on the NHL lockout, visit metronews.ca/tag/nhl

Mobile sports

Qriket

The NFL removed a replacement official from the New Orleans-Carolina game on Sunday because it discovered he's a Saints fan. Brian Stropolo is from New Orleans and posted several photos of himself in Saints gear on his Facebook page. Scan the code for the story.

NFL

Luck's late charge leads to his first win in home debut

Andrew Luck sure didn't play like a rookie Sunday afternoon.

He looked like a new, younger version of Peyton Manning.

The Colts rookie threw two touchdown passes, took advantage of several key Minnesota penalties and marched Indianapolis 45 yards in 23 seconds to set up Adam Vinatieri for a 53-yard field goal with eight seconds left, which gave Indianapolis a 23-20 victory over Minnesota in Luck's home debut.

"It's just amazing that the guy's able to go out there and do the things he does as a rookie," Colts coach Chuck Pagano said. "He certainly had to put the ball on them, and he did." THE ASSOCIATED PRESS

NASCAR

Keselowski wins first race of the Chase in Chicago

Brad Keselowski raced to an impressive victory in the opening race of the Chase for the Sprint Cup, outduelling five-time champion Jimmie Johnson at Chicagoland Speedway on Sunday.

Keselowski got ahead of Johnson after a crucial pit cycle with about 35 laps remaining and led the final 26 laps in the 400-mile race, holding on comfortably from there for his first victory in a Chase race. He also takes over the points lead.

It's Keselowski's fourth victory of the season. He leads Johnson by three points. THE ASSOCIATED PRESS

Raonic leads Canada to Davis Cup World Group

Milos Raonic returns a volley against South Africa's Izak van der Merwe in Davis Cup action on Sunday in Montreal. PETER MCCABE/THE CANADIAN PRESS

Milos Raonic wanted a dominating win Sunday after what he felt was a lax effort two days earlier.

He did exactly that and in dominant fashion, beating Izak van der Merwe 6-2, 6-2, 6-4 to clinch the Davis Cup best-of-five series over South Africa.

The victory secures Canada's spot in the elite World Group, while South Africa is relegated to zone play.

Raonic was happy he won his opening singles match but wasn't pleased with his performance. With the World Group spot in sight, the 21-year-old from Thornhill, Ont., took to the court hungry to finish on top.

Two-in-a-row

It marked a second straight year that Canada won its Davis Cup tie to advance to the World Group.

"I came out with more of an accomplished goal, other than winning. I came out, did a lot of things well, played on my terms and did what I wanted to do," he said. "The other day I waited for him to lose to me. Today, I played."

South Africa entered the tie matches down two of its top players. Kevin Anderson didn't travel to Montreal and Rik de Voest was forced to withdraw with a wrist injury.

"We came here wanting to win but unfortunately things didn't work out the way we planned. Obviously Rik getting injured didn't help our cause," South Africa captain John Laffnie de Jager said. "Two of our top guys didn't play. The team that was here did their best."

Raonic got off to a quick start Sunday against van der Merwe, breaking him in the opening game. His renowned serve was once again his strength, as he held serve in each game of the first set. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
There may be times when you find it hard to smile but you can find a reason if you look hard enough. What is it that makes your life worth living? What is it that inspires you the most? So do it.

♉ Taurus
April 21 - May 21
Some people may be a bit of a pain but if you stay calm and do what is expected of you then by the end of the week your name will be up in lights. Help others now and they will help you later.

♊ Gemini
May 22 - June 21
Stay on good terms with colleagues over the next few days, because if you fall out now you may regret it later. By the time the Sun moves in your favour again on the 22nd you'll all be friends again.

♋ Cancer
June 22 - July 23
No matter how difficult it might be to find a solution to a complex personal problem, if you give it some thought today you will come up with something that does the trick. You're pretty good at problem solving.

♌ Leo
July 24 - Aug. 23
Today's Mercury-Neptune link will force you to recognize certain truths that have always been there but which you have contrived to ignore. Start by realizing that a so-called friend is nothing of the sort.

♍ Virgo
Aug. 24 - Sept. 23
Don't waste time thinking about what might have been. What's done is done and cannot be undone and the sooner you accept that, the sooner you can move on. There is still so much you can accomplish.

♎ Libra
Sept. 24 - Oct. 23
Your past efforts will be fully rewarded, though maybe not immediately. The Sun's move into your sign on the 22nd marks the start of a new solar year — that's when your luck is most likely to change.

♏ Scorpio
Oct. 24 - Nov. 22
You need to push your emotions to one side and do what has to be done. Certain people may not thank you for it now but they will realize later on that you were doing it entirely for their own good.

♐ Sagittarius
Nov. 23 - Dec. 21
Because you are such a can-do person you are always helping other people, but over the next few days your time will be limited, so only help those who truly deserve it. That's probably not very many.

♑ Capricorn
Dec. 22 - Jan. 20
You will be called upon to make sacrifices over the next seven days, but don't think of it as a chore. Make an effort for other people now and they will make an even bigger effort for you later on.

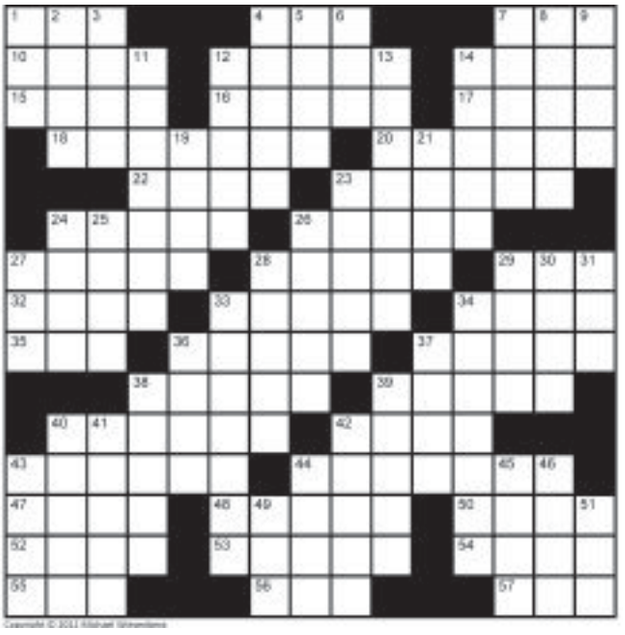
♒ Aquarius
Jan. 21 - Feb. 19
You are both hard-working and socially responsible and that's a combination that is hard to beat. It's also a combination that will get you noticed over the next few days, and maybe promoted. You deserve it.

♓ Pisces
Feb. 20 - March 20
If you find it hard to adopt a positive attitude towards negative people today then maybe you should remove yourself from their presence for a while. If they think they might lose you their attitude will change.

SALLY BROMPTON

Crossword: Some of This and Some of That

BY MICHAEL WIESENBERG



Across
1. PC maker
4. Attractive leg, slangily
7. Mu ___ pork: Chinese dish
10. Alone, as at a dance
12. Blocks for young builders
14. Ark units
15. Kitty's contented croon
16. Some Yukon natives
17. Longings
18. Symbol of regal power
20. National Park north of Banff National Park
22. "... golden days of ___": past time
23. Automatons
24. " ___ bleu!": mild French oath
26. Montréal singer-poet Leonard most known for "Suzanne"
27. Louisianian, a word that's from "Acadian"
28. ___ Mrs. Smith: 2005 Angelina Jolie, Brad Pitt film (2 wds.)
29. "I can't ___ thing with my hair!" (2 wds.)
32. Take ___: sleep briefly (2 wds.)
33. Years and years
34. Corn holders
35. Tyrannosaurus ___
36. Caramel-topped desserts
37. Seeps
38. BC-born pop singer Michael
39. Common trashcan site
40. Calgary team
42. Group of three
43. The longest river in BC, it has its mouth at Vancouver
44. Knight suits
47. Fail at poker
48. Quintessential Canadian cap
50. Some TVs
52. "Beware the ___ of March": Julius Caesar
53. As stubborn as ___ (2 wds.)
54. Censor's target
55. Craggy hilltop
56. Earnings
57. Tissue box word

Down
1. AOL or MSN
2. A/C capacity measures
3. Antony who eulogized Caesar
4. Mystery or romance
5. Chills and fever fit
6. Me: Fr.
7. Cleaned out, as a chimney
8. Sharpens, as a knife
9. Soviet Union
11. CFL championship game (2 wds.)
12. Gasoline unit
13. NL capital (2 wds.)
14. Victoria-born writer Ian of "Four Strong Winds"
19. Censor's target
21. Laid up
23. Brownish horses
24. Of sound mind
25. "Cleans like a white tornado" product
26. Witch
27. Windsor, Ontario product
28. Banquets
29. Catch 40 winks
30. Heed
31. Donkey
33. 20-Across's province
34. Palette contents
36. Be extremely furious
37. Dish with some of this and some of that
38. Bottoms
39. Fighting force: Fr.
40. The Lord of the Rings
41. CD beam
42. "Yours ___": letter closing
43. Dart here and there
44. Shade of blue
45. Canadian force
46. David's biblical predecessor
49. Ref
51. Pig pen

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			7			4		
8	3						5	
		2			1		3	
	1	9	6	5			7	
5								4
	7			1	2	5	9	
	4		9			8		
	6						2	9
		3			8			

Friday's Sudoku

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Tuesday 23°/7° Sunny
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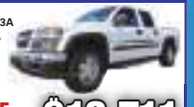

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